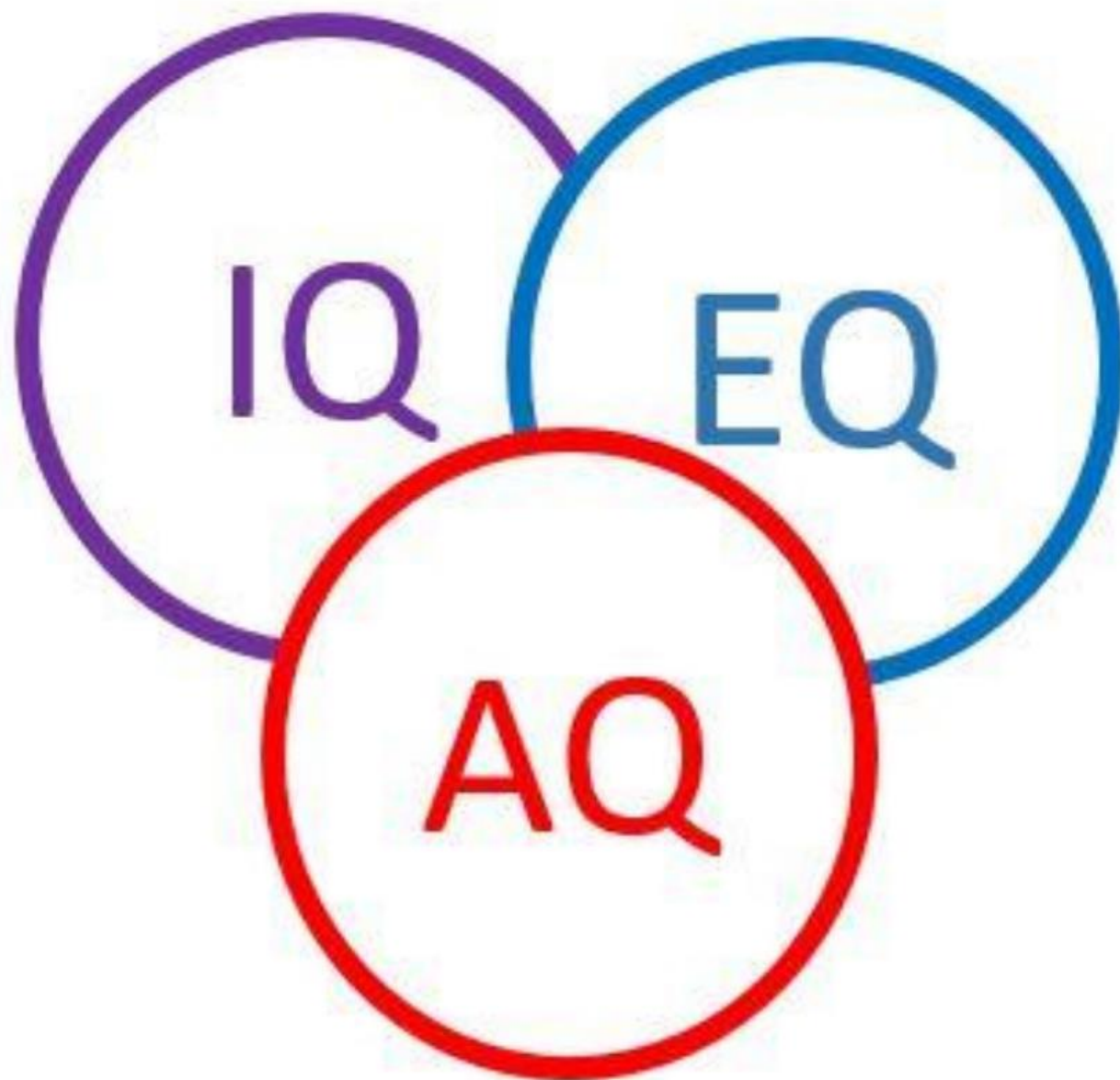


A LIFE  
WELL  
LIVED...



Be  
Good  
and  
Kind  
to  
Whoever  
You  
Meet  
Yes





**The Most  
Important Factor  
in Achieving  
Success**

**As  
Featured  
on  
Oprah**

# **Adversity Quotient**

**Turning Obstacles into Opportunities**

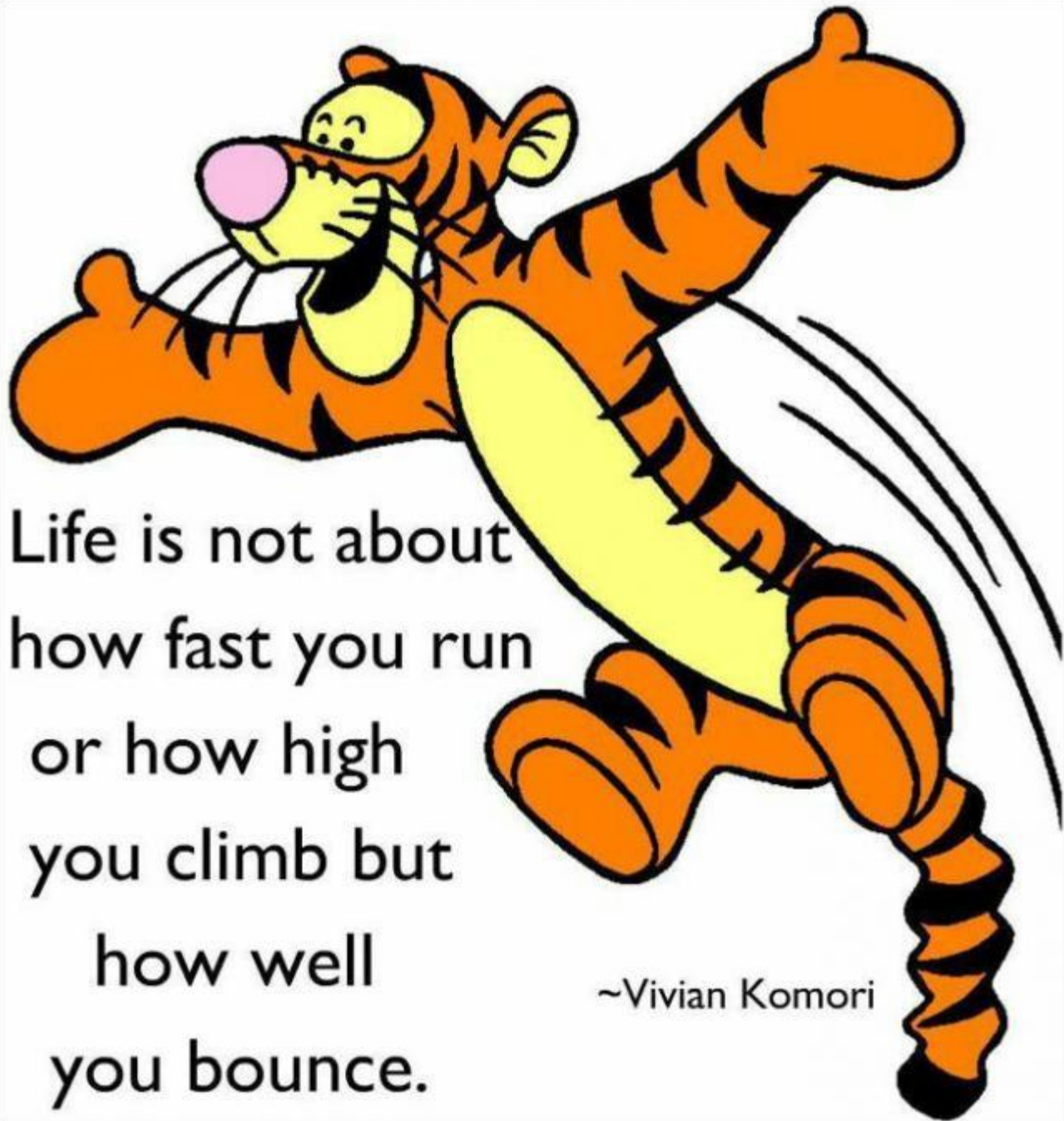
**PAUL G. STOLTZ, PhD**



God gave us the gift of life; it is up to us to give ourselves the gift of living well.

(Voltaire)

IZQuotes



Life is not about  
how fast you run  
or how high  
you climb but  
how well  
you bounce.

~Vivian Komori

# A Life Well Lived

Philippians 1:12 Now I want you to know, brothers and sisters, that what has happened to me ...

Romans 1:10 One of the things I always pray for is the opportunity, God willing, to come at last to see you. (NLT)

# A Life Well Lived

2 Corinthians 11:24 Five times I received from the Jews the forty lashes minus one.<sup>25</sup> Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea,<sup>26</sup> I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers.

# A Life Well Lived

1) *Through adversity we can become more sensitive to the presence of God and dependent upon him.*



# A Life Well Lived

2 Corinthians 1:8 We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup> Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

# A Life Well Lived

2) *Adversity can produce spiritual maturity and Christ-like character.*

# A Life Well Lived

Romans 5:3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>4</sup> And endurance develops strength of character, and character strengthens our confident hope of salvation. <sup>5</sup> And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. (NLT)

# A Life Well Lived

3) *Adversity can help us see more clearly what is truly significant in life.*

# A Life Well Lived

Philippians 1:20 And I trust that my life will bring honor to Christ, whether I live or die. <sup>21</sup> For to me, living means living for Christ, and dying is even better. <sup>22</sup> But if I live, I can do more fruitful work for Christ. So I really don't know which is better. <sup>23</sup> I'm torn between two desires: I long to go and be with Christ, which would be far better for me. <sup>24</sup> But for your sakes, it is better that I continue to live.